

Celebrate!

Breast Cancer Awareness Month



This October, celebrate! Celebrate the lives of the women around you by reminding them that breast cancer screenings save lives.

Make an appointment for a clinical breast exam and/or mammogram today!

How does a woman get screened for breast cancer?

There are two screenings tests: a clinical breast exam and a mammogram. Starting at age 40, a woman needs to have BOTH tests. A *clinical breast exam* is performed by a doctor and can find breast cancer at an early stage when it can best be treated. A *mammogram* is a low-dose X-ray picture of the breast. Because the amount of radiation used is very low, the risk of any harm is extremely small.

Who should get screened?

Screening → Age ↓	Clinical breast exam	Mammogram (x-ray of breasts)
20-39 years	At least every 3 years starting in your 20s	
40-49 years	Yearly	Every 1-2 years. Discuss with your doctor or nurse.
50-64 years	Yearly	Every 1-2 years. Discuss with your doctor or nurse.
65 years and older	Yearly	Every 1-2 years. Discuss with your doctor or nurse.